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IOE LOFARO

'Ghost bike' a tribute to killed cyclist

106 LOFARO/METRO

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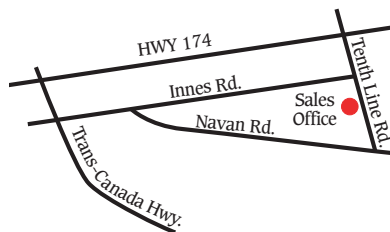
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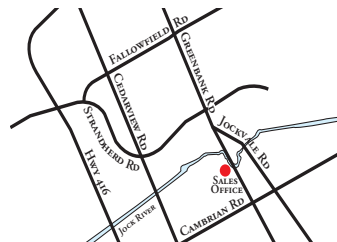
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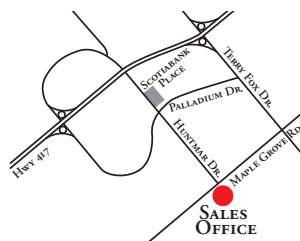
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Co-workers remember 'The Hugger'

Danielle Naçu's co-workers at Citizenship and Immigration Canada gathered yesterday with a grief counsellor to console each other and remember a young woman "who lived in the moment, who was very much about caring about people."

"She was known as 'The Hugger,'" said Claudette Deschênes, assistant deputy minister at Citizenship and Immigration, where Naçu, 33, worked as a senior advisor to a director general.

Deschênes said Naçu was a hard-working professional who could motivate people and get jobs done quickly.

But she said it is Naçu's warmth people will miss most. "She would come and hug people when they were having a hard time and a hug was enough to put a smile back on your face and keep you going for the day."

Deschênes said Naçu had recently returned from a temporary posting in Paris and was hoping to get another assignment overseas for a couple of years.

"She also worked in the community for Ottawa City Services, volunteering at night, and she was pursuing a second masters degree," said Deschênes.

"I don't think there's time to be angry. I don't think Danielle would want us to be angry," she said, noting that about 75 people were at the grief counseling session.

SEAN MCKIBBON



► Co-workers of the slain cyclist Danielle Naçu try to hold back tears as they lay flowers next to the ghost bike on Queen Street yesterday, which was set up in her memory.

Flowers, fond memories and tears for fallen cyclist

- Woman who was struck by an opening car door was an avid cyclist
- Cycling community demands drivers exercise caution, give bikes space



JOE LOFARO
@METRONEWS.CA

Family members, friends, and even strangers are mourning the loss of 33-year-old Danielle Naçu who was struck by a car and killed Tuesday while riding her bike on Queen Street.

Naçu's father, Tom, identified her to CBC News Wednesday. He said Danielle worked in the federal government at Citizenship and Immigration and was completing her second bachelor's degree. He was set to drive to Ot-

tawa Tuesday from Brampton and Danielle's brother was also en route to Ottawa from Toronto.

Someone chained a bike painted in white to a signpost on Queen Street near the scene Tuesday night in a tribute known as a "ghost bike." Three of her coworkers visited the bike yesterday morning and laid flowers on it.

"She was a perfect human being," said one, fighting back tears.

Sandi Vesey Naçu created a memorial page on Facebook for others to share their memories of

Danielle. "Today we lost an incredible person who we loved and admired," wrote Sandi on Tuesday night.

Stephanie Kirkland, director general of Citizenship and Immigration Canada also shared her memories of working with Danielle on the Facebook memorial page.

"I had the good fortune to have worked with Danielle and enjoyed her joie de vivre, good humour, ready smile and compassionate spirit," wrote Kirkland. "As an avid cyclist, I will add Danielle's face to those I



► Danielle Naçu

think of every time I take to the roads."

Dozens of people have signed up on Facebook to participate in a tribute bike ride for Danielle at 9 a.m. on Oct. 18 — one week after Danielle's death.

New details in Leblanc murder

Gatineau police say they will release new information in their investigation into the murder of Valerie Leblanc today.

The force would not say what the information includes but has said in the past it might develop a sketch of a person of interest based on descriptions of witnesses.

Leblanc's beaten and

burned body was found in a wooded area near the CEGEP she attended Aug. 23. Police said previously a 20- to 30-year-old white man was spotted close to the scene of the crime by several people, police said.

The man was walking a mountain bike "decisively" between 8 a.m. and 1 p.m. with his head down.

METRO



► Valerie Leblanc

News in brief

Hospital gets funding boost

The Ottawa Hospital is set to announce two major donations from the Ottawa Regional Cancer Foundation and The Stephen Greenberg Family Foundation today totaling more than \$2 million. The donations will go to-

ward the purchase of a da Vinci robotic surgical system. METRO

Mental health clinic expands

The Youth Services Bureau of Ottawa (YSB) says that with financial support from Ottawa Public Health and Bell, it will launch an expanded mental health service for youth and their families on Friday. METRO

1

news



The Sugar Bear probably wasn't worried, but new food-marketing regulations in the U.S. will likely spare cereal mascots. Scan the code.

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On the web at metronews.ca



Scientists have made a genetic breakthrough that would have come in very handy in the 14th century. Video at metronews.ca/video



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LEAVING LHIN

Munter is CHEO's new CEO

Former Ottawa city councillor and mayoral candidate Alex Munter is stepping down as head of the Champlain Local Health Integration Network to serve as chief executive officer of the Children's Hospital of Eastern Ontario (CHEO). "CHEO has earned a

very unique and special place in the hearts of people in our region," Munter said yesterday.

"And for me personally, it's just a tremendous honour."

Munter, who takes over on Nov. 7, replaces current CEO Michel Bilodeau, who is retiring.

Bilodeau announced his retirement plans after 31 years and will remain in an advisory role until the end of November.

KRISTY WALLACE/
OTTAWA THIS WEEK

Gunman in a standoff

A 20-year-old man with a handgun barricaded himself in his home in a standoff with Gatineau police.

A negotiator convinced the man to toss his gun outside the house on Rue de Saint Vallier and he was arrested. ● METRO

Stanford moving up

Stem cell scientist Dr. William Stanford will become senior scientist at the Ottawa Hospital Research Institute's Sproul Centre and professor of cellular and molecular medicine in the University of Ottawa. ● METRO

Grim find in elevator shaft raises questions

KRISTY WALLACE/OTTAWA THIS WEEK



► The condominium development at 101 Richmond Rd.

- Mechanic in his 40s found dead
- Police, labour officials in probe

An elevator mechanic in his mid-40s was found dead at the bottom of an elevator shaft at a condominium construction site.

Paramedics and firefighters went to the scene at 101 Richmond Rd. just before 10 a.m. yesterday.

"Another worker just happened to spot him in the elevator pit and called 911," said Ottawa Fire Services spokesperson Marc Messier.

The dead man, he said, had severe upper body trauma.

Firefighters performed CPR, and paramedics placed a breathing tube in the man's lungs and gave

"Another worker just happened to spot him."

MARC MESSIER,
OTTAWA FIRE SERVICES

him intravenous medication.

Ottawa Fire Services said it's not known how far the man fell or how long he had been in the shaft before he was discovered.

"It was not witnessed," said Messier.

Ottawa Police and the Ontario Ministry of Labour are investigating.

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News in brief

Neighbours
help rescue
elderly man

TRAPPED. Just after 5 p.m. yesterday, Ottawa paramedics were called to York's Corners Road in Metcalfe for an 84-year-old man trapped under a combine while doing repairs. The man was trapped for about two hours before his neighbours noticed him.

The man's neighbour's extricated the patient from under the combine's blades.

Paramedics arrived on scene within eight minutes and quickly began assessing and treating him. They said he sustained a severe head injury and an injury to his leg.

The man was immobilized, oxygen and

intravenous therapies were initiated and he was stabilized while going to the Ottawa hospital, paramedics said.

● METRO

Students to
spend night in
city park

INITIATIVE. About 25 students in Algonquin College's Community and Justice Services program say they will spend the night in a downtown park as a part of the program's seventh annual 24 Hours of Homelessness project.

The initiative provides second-year students with a first-hand experience of issues the homeless face on a daily basis.

24 Hours of Homelessness helps to raise awareness and funds for Operation Come Home, and is sponsored by Crime Prevention Ottawa.

● METRO

Ruling made
in killing of
young girl► Court heard Alissa Martin
Travers, 5, was stabbed several times

A judge in Cornwall has ruled that a man who killed a five-year-old girl will serve 18 years in prison before he can apply for parole.

Shane Haley, 23, of Cornwall, pleaded guilty to second-degree murder earlier this year.

He stabbed Alissa Martin Travers multiple times as she slept in her mother's bed at their Cumberland Street home in 2008.

Murder carries a life sentence but lawyers laid out their case two weeks ago on when Haley should be able to apply for parole.

The Crown wanted 20 years but the defence wanted 15.

Court had previously been told an intoxicated Haley broke into the home hoping to have an encounter with Alissa's mother, with whom he had a previous relationship, but he found the little girl.

Court was told Alissa screamed and Haley attacked, stabbing her several times. **THE CANADIAN PRESS**



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► Alissa Martin Travers.

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By Joel Westheimer

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Option #2: Mail away
your gold. Hope for the
best.

Most consumers feel uneasy about mailing their jewellery to one of the many flashy "Cash for Gold" type companies seen



on TV. The truth is, several of these companies have received harsh criticism from consumer advocacy groups because of their notoriously shady sales tactics and low payouts.

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► Today marks 12 months since 33 Chilean miners were miraculously rescued from the San José mine
 ► The inspirational story earned 'Los 33' global fame ► For some, the past year has changed their lives for the better ► Others are battling poverty, addiction and unemployment

One year later

- **Yonni Barrios, 51.** The group's "nurse" is suffering from silicosis. Owns a warehouse, but earnings are slim. Receives a government pension.
- **Dario Segovia, 49.** Opened a greengrocer in Copiapó thanks to funding from Chilean businessman and philanthropist Leonardo Farkas. Receives a government pension.
- **Luis Urzúa, 55.** Gives motivational talks with some of his colleagues and receives a government pension.
- **Juan Andrés Illanes, 53.** Works as a motivational speaker and receives a government pension.
- **Juan Carlos Aguilar, 50.** Training to become a motivational speaker. Receives a government pension.
- **Edison Peña, 35.** Undergoing treatment for drug and alcohol addiction.
- **Claudio Yáñez, 35.** Unemployed and in financial difficulty. Gives motivational talks.
- **Osmán Araya, 31.** Unemployed and dealing with psychological problems. Not getting any government assistance.
- **Carlos Mamani, 25.** The Bolivian is unemployed and still living in Chile. Not giving interviews.
- **Richard Villarroel, 28.** Dealing with psychological problems.
- **Jimmy Sánchez, 20.** Discharged from hospital, but still dealing with psychological problems.
- **Raúl Bustos, 41.** Focused on motivational speaking.
- **Pedro Cortés, 27.** Unemployed and bankrupt, studying electrical technology.
- **Carlos Bugeño, 28.** Unemployed. Relies on charity.
- **Esteban Rojas, 45.** Unemployed and receives a government pension.
- **Carlos Barrios, 28.** Draws an income working as a driver with a friend.
- **Jorge Galleguillos, 56.** Gives motivational talks and receives a government pension.
- **José Henríquez, 55.** Told his story for the book *Miracle in the Mine*, published today. Receives a government pension and has decided to return to mining.



MIREYA
SEGUEL

METRO WORLD NEWS IN CHILE

They have travelled the globe, rubbed elbows with celebrities and been cheered as heroes the world over. One year after 33 Chilean miners were winched to the surface from their entombment 700 metres underground, they still get recognition for their incredible saga of endurance and survival.

But, perhaps surprisingly, the instant fame and status have brought problems of their own, and the promised riches have never materialized.

The Copiapó miners have walked a long road since their dramatic rescue from the San José mine was watched on television by an estimated one billion viewers.

Many of the miners say they are worse off now than they were before the accident. Some are without steady jobs and most are still on medical leave recovering from the trauma of having been buried alive for 10 weeks.

Fourteen of the miners rely on a government disability pension of \$470 a month, but they are still struggling.

Now, however, "Los 33"



are starting to mobilize, hoping to make some money from their experience. They have hired the law firm Carey and Company and established a committee to protect their image and sell their story. They have also signed a deal with the William Morris Endeavor agency for film and television projects. Meanwhile,

Hollywood producer Mike Medavoy plans to make a movie of their story based on a book by author Héctor Tobar, which was inspired by miner Víctor Segovia's writings while he was underground.

Determined to seek justice, some of the miners have filed a negligence suit against the Chilean govern-

ment for failing to ensure proper working conditions at the mine.

And, perhaps most surprising of all, more than half of the men say they want to go back underground. It's a matter of simple economics, they say — they need the money — and mining is all they know.

A celebration — then came the hangover

It should have been a time of triumph for the 33 rescued Chilean miners.

Instead, many of them partied a little too hard, and controversy has emerged over the effectiveness of the care the men received, especially after news surfaced that miner Edison Peña was in rehab for drug and alcohol abuse.

Alberto Iturra, chief psychologist of the rescue mission, says his team

couldn't prevent some situations from occurring. "A struggle began on getting exclusive interviews from the media, not allowing the miners to spend more time with their families," he said.

"Only a few days after their return to the surface, there was an explosive excess of partying and drinking for them. They didn't even have the time to rest in hospital."

But Alejandro Pino, manager of the Chilean Safety Association, insists he did everything he could to get the best results from the treatment program.

"Medical issues such as alcoholism are not necessarily as a psychological consequence of the accident," he said. "In truth, the men's psychological behaviour was much better than we expected anyway."

● JORGE ARELLANO IN CHILE



► Elvis fan Edison Peña ran the New York Marathon and appeared on David Letterman.

- **Mario Sepúlveda, 41.** The extroverted miner nicknamed "Super Mario" owns an event centre in Santiago.
- **Mario Gómez, 65.** Suffering from silicosis and wants to retire. Receives a government pension.
- **Víctor Zamora, 34.** Has no steady job. Sells fruits and vegetables from the living room of his home. Suffers from insomnia.
- **Franklin Lobos, 53.** Works as technical co-ordinator of Copiapó's football club development leagues. Receives a government pension.
- **Claudio Acuña, 36.** After failed attempts at getting into a new line of work, he was only able to land another mining job.
- **Víctor Segovia, 49.** Owns a taxicab and a school bus. He's writing a book about the accident based on diaries he kept while underground. Receives a government pension.
- **Ariel Ticona, 30.** He spends time at home with his daughter Esperanza, who was born while he was trapped underground. Unemployed and experiencing stress.
- **Daniel Herrera, 28.** As part of his therapy, he makes public appearances in a special hall dedicated to the miners at Santa Cruz Museum. Also on medical leave.
- **José Ojeda, 48.** On medical leave, he still suffers from the trauma of being trapped underground. Receives a government pension.
- **Pablo Rojas, 46.** Unemployed. Receives a government pension.
- **Omar Reygadas, 57.** Working as a motivational speaker. Receives a government pension.
- **Alex Vega, 32.** Has no steady job, but does temporary work as a mechanic. On medical leave.
- **Samuel Ávalos, 44.** Working as a motivational speaker.
- **Renán Ávalos, 30.** Dealing with psychological problems.
- **Florencio Ávalos, 32.** Unemployed but has applied for a job as a miner at Collahuasi copper mine in northern Chile.

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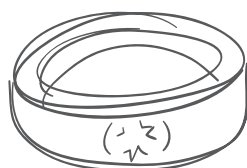
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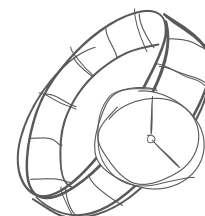
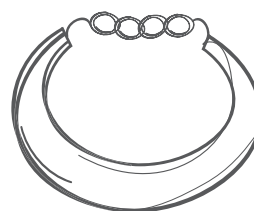
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Phone hacks in legal limbo

► Hackers give consumers freedom to customize phones ► Illegal 'tweaks' fuel copyright questions

A community of phone hackers wants to help you break through the virtual fences erected by manufacturers like Apple around their devices to restrict the software those devices can run.

It's a trend known as "jailbreaking" and it allows users to change a device's operating system to run a variety of software and open up new functions. It also currently sits in a legal grey area, fuelling questions about consumer freedom and copyright.

The jailbreaking phenomenon is nowhere more common than with Apple's iPhone, which is set for an update this week with the long-awaited iPhone 4S.

Phone hackers say they're ready with their own jailbreak to go along with it. **THE CANADIAN PRESS**

Jailbreaking

- There are hacks available for several types of smartphones, including the iPhone and Google's Android operating system.
- It typically involves downloading free computer software, which then installs the hack onto the device.
- Once broken, users can tweak the look of their phones and run apps that aren't approved by phone manufacturers.

New Zealand. Shipwrecked



► Shipping containers float yesterday in the water around the cargo ship Rena that has been foundering since it ran aground Oct. 5

BLAIR HARKNES/MARITIME NEW ZEALAND/THE ASSOCIATED PRESS

Cargo ship spills more

The condition of the stricken cargo ship, which is leaking oil, worsened yesterday, with about 70 containers falling overboard.

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sionals from across the country. Metro News is proud to be the Official Print Sponsor of the Notable Awards.

The program celebrates outstanding young professionals in 13 categories; one winner will also be named Young Professional of the Year.

To nominate a friend, a colleague or even yourself, log onto notable.ca/awards. But do it now — nominations close on October 14.

● METRO

Jets pride to be brewed as beer

Did you give your blessing to a giant keg of water in Winnipeg Sunday? Soon you'll be able to drink it.

Budweiser announced

yesterday that giant "vessels" of water placed around Winnipeg Sunday will be turned into beer that will only be sold in Winnipeg.

Called Honour the Ice, the water vessels were strategically placed near the MTS Centre and other landmarks such as the Forks.

● ELISHA DACEY IN WINNIPEG

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Girls can be royal successors too

► Pressure mounts in U.K. to change ancient royal succession rule that puts princes ahead of princesses

Britain's government is pushing its plan to change the rules on royal succession to provide equal treatment for princes and princesses, the prime minister said yesterday.

David Cameron said he has written to 15 other Commonwealth nations where Queen Elizabeth II is head of state requesting their views on modernizing succession.

Under the proposal, the first child of Prince William and the Duchess of Cambridge would eventually become monarch — regardless of sex.

As the law stands now, an elder daughter would be passed over in favour of a younger brother.



► Catherine, Duchess of Cambridge

"We espouse gender equality in all other aspects of life and it is an anomaly that in the rules relating to the highest public office we continue to enshrine male superiority," Cameron wrote in his letter.

The changes would also lift a centuries-old ban on British monarchs marrying Roman Catholics — a rule Cameron described in his letter as a "historical anomaly" since it does not bar those who take spouses of other faiths.

Experts say they hope the matter will be resolved before Middleton begins having children to avoid a confusing line of succession like that in Sweden, where a rule change led to a title being passed from a prince to his elder sister.

Buckingham Palace has always refrained from commenting on the political issue, saying it's a matter for the government.

THE ASSOCIATED PRESS

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ALLEGED BREAK-IN

Museum bandit a no-show

Authorities say a U.S. burglary suspect dubbed "Moss Man" failed to show up at his trial, and a

warrant has been issued for his arrest.

Gregory Liascos of Portland, Ore., earned his moniker after police say he was arrested in full-body camouflage last October outside a museum. Police say the 36-year-old man had cut a hole in a museum wall and was trying to break in.

THE ASSOCIATED PRESS

New Muslim comic slated

▶ A new comic book, inspired by faith, that features a young Muslim boy will soon hit shelves

Comic book fans might call it a great origin story: In the aftermath of 9-11, a Muslim man creates a comic book series, "The 99," inspired by the principles of his faith. It builds a global audience and investors contribute millions for it to continue and expand.

In two vastly different cultures, Naif Al-Mutawa's tale hits a few roadblocks – "villains" if you will: Censorship from Saudi Arabia, home to the main Muslim holy sites; in the United States, a struggle to build an audience where free expression has been hampered by a post-9-11 rise in suspicion and scrutiny of all things Islamic.

The series is named for

"It seemed to me that the only people using mass media when it came to things to do with religion – at least my religion – were people who were doing very destructive things"

Naif Al-Mutawa

the 99 qualities the Qur'an attributes to God: strength, courage, wisdom and mercy among them.

Critics on both sides of the religious and cultural divide see subversion in Al-Mutawa's superheroes.

THE ASSOCIATED PRESS



▶ Comic book author Naif Al-Mutawa holds up copies of his comic book series The 99 on Long Island, N.Y.

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Level 5 and 6 - please check our website

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News in brief



Flight attendants defend their right to strike

The union that represents Air Canada's 6,800 flight attendants accused Labour Minister Lisa Raitt of misusing the federal labour board to block a planned strike just hours before it was set to begin.

"Minister Raitt's attempt to use the Canadian Industrial Relations Board to circumvent the rights of our members is outrageous," Paul Moist,

president of the Canadian Union of Public Employees, said yesterday.

He issued the statement shortly before Raitt submitted two referrals to the quasi-judicial board at 2 p.m. ET, ending the possibility of a legal strike until the board completes its review.

THE CANADIAN PRESS

Postal workers taking Tories to court

Canada Post workers are taking the Harper government to court in a case that could test the Conservatives' aggressive stance on the rights of unionized labour.

The Canadian Union of Postal Workers is challenging the constitutionality of the law that forced its members back to work in June following 12 days of rotating strikes by the union.

THE CANADIAN PRESS

Backlog causing problems worldwide: Research in Motion

► Outage comes as RIM faces stiff competition in North American market

Research In Motion's reputation for reliability took another bruising yesterday, as technical glitches affecting millions of BlackBerrys around the world spread to Canada, giving users another reason to switch to competitors.

The BlackBerry outage — the biggest in the company's history — even reached Prime Minister Stephen Harper's office.

Andrew MacDougall, spokesman for the prime minister, took to social networking site Twitter yesterday and tweeted: "Am being impacted by RIM/Berry service outage — please call if you need to reach me."

Outages for RIM's instant messaging service, email and browsing start-



► A subscriber holds a BlackBerry in Ottawa yesterday.

ed at the beginning of the week in Europe and then spread to the Middle East, Africa and hit Canada yesterday.

RIM's chief technology officer David Yach said the company is working around the clock to send the undelivered messages,

noting that the problem isn't related to a security breach.

THE CANADIAN PRESS

Market moment

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(12,029.96)

Dollar



+ 1.01¢
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Oil



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TRAVELLING GETS THIS GUY FLUSHED

HE SAYS ...

JOHN MAZEROLLE
METRO



It says something about my lack of recent globetrotting that I'm really looking forward to discovering some strange bathrooms. I'll explain that in a second, but let it be known I've been stuck on this continent for five long years. In my 20s I had extended stays in Austria, Zimbabwe and New Zealand, and I've been home so long that I actually miss feeling uncomfortable.

I miss culture shock, in other words, which usually goes something like this:

- 1) Fascination with the new culture: "Wow, they eat lizard eyeballs here!"
- 2) Feeling uncomfortable: "My eyeball smells funny."
- 3) Rejection: "Who wants my eyeball?"
- 4) Understanding: "Ohhh, my eyeball needs Tabasco!"
- 5) Embracing the new culture: "I love eyeballs! Satisfying! Now, what was it you wanted to tell me was just a joke?"

I need bizarre food. I need confusing customs. I need to guess whether the local barfly seems like a big weirdo because of cultural differences between us or because he is, in fact, a big weirdo. And, yes, as a "one world" sort, I miss being able to embrace the full diversity of the world's bathrooms.

Here's a tour:

In New Zealand, the locals are very conservative — not in their politics, but in their generosity with toilet paper. It's an eco-friendly country, so toilet-paper dispensers only allow you one square at a time, and the automatic hand dryers turn on for approximately three microseconds, give or take a picosecond. Also, the flush is so wimpy that you can disturb the bowl equally well by jumping up and down on the bathroom tile. It's madness.

In Zimbabwe, by contrast, the flush is so powerful you have to grab hold of the doorknob first, lest you be caught in the maelstrom. Also, the public services aren't what they could be — the Murderous Despot Appropriation really cuts in-

to public funds — so I would often open a bathroom door and watch as a wave of filthy water rushed toward me while I scrambled to escape, Indiana Jones-style.

In Vienna (motto: "Kultur aus der Wazoo") there are "water closets" that play operas and urinals that are sculptures — no kidding. The urinal cakes may in fact be delicious pastry, but I never tried.

You can see how my boring old Canadian toilet isn't measuring up, no matter what Don Cherry thinks.

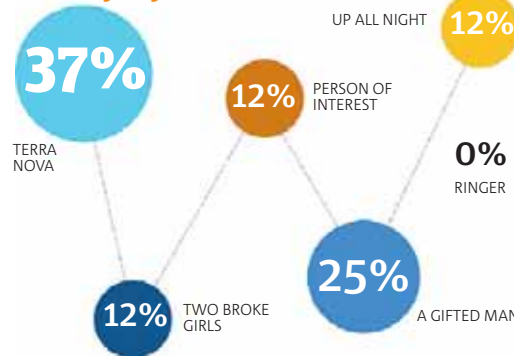
So, I'm now in the process of booking a one-month trek through Iceland, the Faroe Islands and Denmark. I'm hoping for interesting people, new food and plumbing to write about. Just thinking about it, I get a little flushed.

Read more of John Mazerolle's columns at metronews.ca/hesays



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What new fall TV show should follow
The Playboy Club into axed-ville?



Letters

RE: Cyclist killed after
hitting car, published
Oct. 12

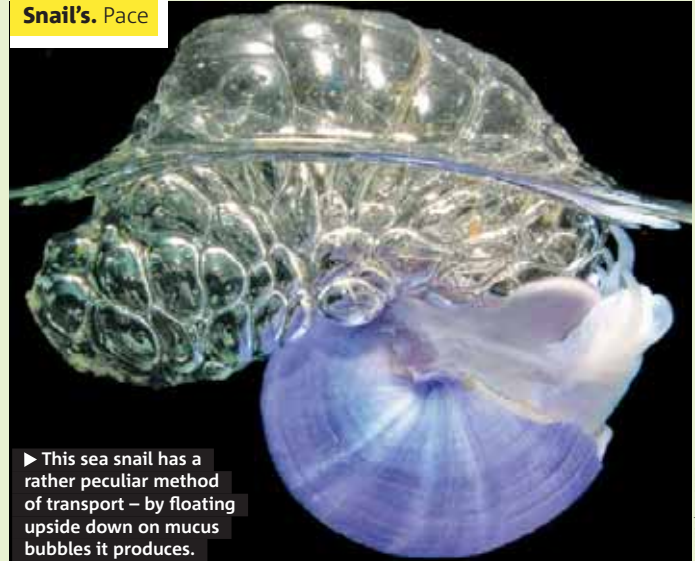
The article indicates: "Murphy said he wasn't sure if it would have been possible for either the driver opening the door or the driver who ultimately struck the cyclist to have avoided the accident." When in fact:

1. The driver who opened the car door could have avoided the collision by looking first and not opening the car door, which drivers and passengers are required to do by law.
2. The passing motorists could have exercised caution and given a wider separation when passing the cyclist. Further, the correct cycling technique to avoid being doored is to cycle at least one metre from parked cars, even if it affects passing motorists.

Journalists should not report commentary that is not verified as it gives the reader the false impression the collision was unavoidable. While one cannot lay blame regarding an open investigation, one can surely indicate the correct procedure for preventative action.

PETER MCNICHOL, OTTAWA

Snail's. Pace



► This sea snail has a rather peculiar method of transport — by floating upside down on mucus bubbles it produces.

Photo of the day
These colourful snails secrete mucus from their "foot," an organ at the base of their body. Instead of using slime to get around, they trap air inside fast-setting mucus to make bubbles that stick together and form rafts where they spend the rest of their lives.

WEIRD NEWS

It's like a deer in headlines

For the past week, a massive, short-tempered stag has been charging into British headlines, goring a man in the middle of a picnic and chasing one woman through the brush.

The stag's rampage has cast a shadow over Bushy Park, a quiet suburban expanse of tree-lined avenues and ponds some 21 kilometres southwest of central London.

"I've been in and out of the park for 20 years, and this is the first time I've heard of people being attacked in such

quick succession," said Robert Piper, a sports and wildlife photographer whose dramatic shots of the angry deer have kept it in the headlines.

Bushy Park holds 320 deer, which roam freely across a 445-hectare area of meadows and forested areas.

They are generally gentle creatures — until fall's rutting season.

Park veteran Dick Hill, a 64-year-old retiree with binoculars dangling from his neck, says, "There have been quite a few of (the incidents) this year."

Hill said a shortage of female deer could be to blame for the aggressive behaviour.

London's feisty press have traced the path of the stag's rampage under articles bearing names such as "Stag Fright." **THE ASSOCIATED PRESS**

2

scene

Auctioned off



A collection of American vintage guitars owned by actor Richard Gere has fetched nearly \$1 million at auction in New York City. The top sale went to a 1960 solid-body Les Paul electric guitar by Gibson, which sold for more than \$98,000.

THE ASSOCIATED PRESS



London Film Festival opens with Jude Law, Rachel Weisz in romantic roundtable 360

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Carving out their niche

► The Pack A.D. is shaking off comparisons and are determined to define their own identity

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA



They've been likened to everyone from The White Stripes to The Black Keys but Vancouver duo The Pack A.D. are determined to find their own place on the alt-rock landscape.

Sirens, the first single off the band's recently released album, *Unpersons*, has been moving up the Canadian Alternative Charts since it was released early last month.

With that attention, the pair is finding critics are prone to compare their music to their mainstream counterparts which is both a blessing and a curse, says guitarist/vocalist Becky Black.

"It's a reference. If you like those bands, then you might like us," she explains. "But just being compared as a copy or a rip-off of a band makes you feel like the music you've created is too much like something else."

Black thinks most of it comes down to the fact The Pack A.D. is a duo so,



► Vancouver duo The Pack A.D. explore their inner demons on new album.

naturally, they get compared to other duos. But some comparisons do leave her scratching her head.

"We've been compared to Tegan and Sarah which, musically, I don't think we sound like them at all. And, I think we've been compared to Hole," she says with a laugh.

Considering Tegan and Sara are folk-pop musicians and Hole is, well, Hole, it's easy to understand why those comparisons are laughable to Black and band mate Maya Miller.

Unpersons, the band's fourth full-length album, is packed with tons of 70s guitar riffs and gritty, al-

most self-deprecating lyrics.

Naming the album, Black and Miller started to think of books they both like. Having used literary references in some of their earlier music, they automatically thought of George Orwell's novel *1984*.

"A really cool thing in

The show

Where can you see them play?

► Get tickets Catch The Pack A.D. with special guests at Cafe Dekcuf (221 Rideau St.) at 8 p.m. Saturday night. Tickets are \$12 at the door.

that book is when somebody is rendered no longer existing, like they never existed before. They become an unperson," explains Black. "I thought that idea was really cool. It's kind of what we're born from, I guess."

It's almost a reflection of the way Black sees herself and her bluesy garage rock band fitting into the music industry, or not, for that matter.

"You want to make money selling what you create and part of that, for a musician, is that fame kind of comes with it," she says. "It's probably the half that I don't really care for so much but you can't have one without the other."

Though, she admits, it's not that bad.

"Knowing that people are listening to us and they want our music, it's a good thing."

A hacker exposed

► Man charged following Johansson nude picture hack

A Florida man was arrested yesterday on federal charges that he hacked in-

to emails of celebrities including actress Scarlett Johansson, a person familiar with the investigation said.

One person was arrested out of state, Los Angeles FBI spokeswoman Laura Eimiller said. A person familiar with the investigation, who requested anonymity because the details had not yet been announced, told The Associated Press that a Florida man has been indicted on charges that he hacked into the email accounts of celebrities, including Johansson.

The arrested involved Operation Hackerazzi, a year-long FBI investigation of computer hacking that targeted Hollywood celebrities, Eimiller said.

Nude shots of Johansson appeared on an Internet site earlier this year and TMZ.com reported that hackers stole them from her cellphone.

Celebrities and people in the news have long been targets of privacy invasion but concerns have redoubled in the Internet age.

THE ASSOCIATED PRESS



► Scarlett Johansson

THE ASSOCIATED PRESS FILE

Bad boy Gigandet

► **Twilight and Trespass star Cam Gigandet delights in playing the villain because he doesn't know how to play by the rules**

Mr. Nice Guy he's not.

If anything, 29-year-old actor Cam Gigandet has cultivated quite a reputation for playing bad guys, and he prefers it that way.

The star of *Twilight* and *Priest* makes his next appearance with *Trespass*, a home-invasion thriller that pits his character and two other accomplices against a rich couple (played by Nicole Kidman and Nicolas Cage) whose house they hope to rob for millions.

Gigandet explained why playing the bad guy is so satisfying for him.

In this film, as in many others, you end up playing the bad guy. Why do you always get these parts?

I enjoy it the most. I think there just seems to be more to grab onto, I guess.

You can use your imagination a little bit more — whereas if they're a good guy or heroes, they have to abide by a strict set of rules and to this day I haven't been able to figure out how to work around those.

Maybe just because I don't know how to do it. There seems to be more creativity and imagination involved in justifying what they do.

And yeah, that's what people hire me for, so I'll take what I can get.

What are the key differences from playing, say, an evil vampire in *Twilight* and a desperate robber in *Trespass*?

I prefer *Trespass* and I had a good time on *Twilight*. We were all so new and young to the experience. Even our director at the time [Catherine Hard-

wicke] was new to directing, so it was a little hazardous how we shot.

And having 12 young actors, trying to corral everyone (was tough).

A lot of the time was spent doing that, whereas on *Trespass*, before we even started shooting, there were two or three weeks where we literally rehearsed every single day. To be able to do that is any actor's dream.

While rehearsing, did anyone have their own stories about having their house robbed?

Everyone would share their stories, just while we were rehearsing, and when you talk to everyone, surprisingly a lot of people have had this happen. Even — not that this is a normal one — but I think Nicolas Cage had someone end up in his bedroom when he was sleeping and they were naked or had a popsicle.

I haven't gotten to that place yet, but I think I'm protected enough with my mace and baseball bat.

Is your co-star Nicolas Cage as crazy as everyone says he is?

Yes and yes. I'll be honest. I was warned before working with him by a few people that he's very difficult and crazy and this and that and he is crazy but in such a good way.

I don't know if it's crazy so much as quirkiness.

He's just out there and outgoing and funnier than I could've imagined. I think he's a little misunderstood.

He definitely has a good sense of humour — an odd one, but a good one.

● METRO



► In *Trespass*, Cam Gigandet plays a robber who hopes to cash in on the riches of a wealthy couple, played by Nicole Kidman and Nicolas Cage.

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Cage laments lack of screen time

Nicolas Cage may be happy he got to work with Nicole Kidman and reunite with director Joel Schumacher on his new thriller *Trespass*. Yet Cage isn't thrilled that viewers will be able to watch the movie at home the same day it opens in a handful of theatres.

The story of a family terrorized by home intruders, *Trespass* debuts Friday for a limited theatrical run in New York City, Los Angeles, Chicago and seven other major markets.

It will be available at the same time for home viewing through video on demand.

The DVD and Blu-ray release follow barely two weeks later on Nov. 1, compared with a typical window of about four months between the time most Hollywood films open in theatres and debut on home video.

It's a business decision that will help *Trespass* distributor Millennium Entertainment, an independent outfit that does not have the big marketing bucks of a Hollywood studio, make the most of its advertising dollars.

Cage understands that, but he wishes the movie could have a separate life on the big-screen before it goes to smaller television and computer screens — or even tiny cellphone screens.

"I like movies to be seen the way the director wanted them to be seen, which is on the big-screen, with an audience, with their popcorn," Cage said in an interview alongside Schumacher at September's Toronto International Film Festival, where *Trespass* premiered.

Smaller distributors such as Magnolia Pictures and IFC Films often release films to theatres and video on demand around the same time.

With Academy Award winners Cage and Kidman, along with director Schumacher (*Batman Forever*, *A Time to Kill*), *Trespass* arguably is the biggest test yet for simultaneous big-screen and home releases.

THE ASSOCIATED PRESS



► Nicolas Cage is disappointed that his new film, *Trespass*, is being released for home viewing at the same time it hits theatres.

'About a cult'

► Martha Marcy May Marlene delves into the world of manipulation ► Films stars Elizabeth Olson



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METRO WORLD NEWS IN HOLLYWOOD

Writer-director Sean Durkin's first feature film, *Martha Marcy May Marlene*, deals with the trauma of life inside and after escaping a cult — though that word is never used in the film.

In fact, the film's protagonist, Elizabeth Olson — turning in a striking, heart-breaking performance — doesn't use very many words at all, which makes understanding why she's so troubled that much harder for her sister (Sarah Paulson) and brother-in-law (Hugh Dancy). Told in a fractured chronology that highlights Martha's growing paranoia, the film is both beautiful and unsettling. But more unsettling for Durkin was how easy it was to find former cult members to discuss their

Bio

Sean Durkin and his NYU classmates Josh Mond and Antonio Campos founded Borderline Films in 2005, and the three rotate the roles of writer, director and producer for their

experiences while researching the project.

Where did the idea for this movie start?

It started with just a very simple desire to maybe make a film about a cult. I felt like I hadn't seen anything that was modern and naturalistic. I wanted to do something that showed a little bit more of the subtle manipulation. I started writing and I just started talking about it, and when you start talking about it, people are always like, "Oh my friend grew up in one. I'm sure he'd be happy to talk to you." It's amazing. I

films.

► While Martha Marcy May Marlene is his first feature as a director, Durkin produced the company's other features, including *Afterschool* and *Simon Killer*, which is currently in post-production.

didn't have to go out and search. It's really common, which is very strange.

With the steps the cult leader (John Hawkes) takes to indoctrinate your heroine, it's almost like a how-to guide.

It's funny, these guys are all very generic. Like seriously, you read about them and they just all use the same tactics. The things that he does are just what these guys do over and over again. They just change their purpose.

The word "cult" never comes up in the movie.

We never used the word "cult" until after the movie

GETTY IMAGES



► From left, actresses Elizabeth Olsen, Sarah Paulson, director Sean Durkin and actor Hugh Dancy attend the *Martha Marcy May Marlene* premiere during the 2011 Toronto International Film Festival.

was finished and we had to start talking about it, because there's no other word to use.

But we never talked about it while we were there, when we were shooting.

With the actors, we never discussed it like that. "Cult" has got a lot of connotations that aren't helpful when you're making a movie about someone being manipulated into cer-

tain things.

I mean, no one in a cult ever talks about being in a cult or thinks they're in a cult. They just think that what they're doing is right and they're doing what they believe in.

The title is a mouthful until you see the movie, and then it just rolls off the tongue.

Yeah, that seems to be a common response. I never wanted to call it anything

else. I usually struggle with names of things that I do, but I came up with that the day I came up with the plot. And the name just popped into my head. I thought of Martha, and then Marcy May Marlene just flowed out after and that was it. At Sundance, the first couple big reviews to come out mentioned that once you see it, it's easier — which was great to hear because it's obviously a concern.

With new book, Hilary Duff moving full speed ahead in life

Although she's appeared in hit movies, starred on a Disney TV show and sold millions of records, Hilary Duff still feels like she has things to prove in showbiz.

Duff says during her time on *Lizzie McGuire*, the show she starred in for two seasons that made her

famous, she "got to do so many fun things and be so physical with my comedy. I had no inhibitions. It was fun for me to be goofy."

"Then I wanted to sing and that was new but I had so many fans by that point they were all supporting me so I was really confi-

dent. Now I'm a little older and I feel I need to re-learn some of those things. I have goals and aspirations but they kind of fall into what I've already accomplished. I feel like I still have work to do within things I've already dabbled in."

One recent success she's had is in the publishing world. Duff's a bestselling young adult novelist with her *Elixir* trilogy. The second book, *Devoted* is now in stores.

"To put a book out was huge," she said. "To hear people be like, 'I didn't

want to give you much credit but I love this book.' It's an overwhelming feeling of gratefulness and relief."

Besides writing, 24-year-old Duff is expecting her first child with former Ottawa Senator Mike Comrie.

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► Hilary Duff



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Captain Kirk is covering tunes

► Shatner says he 'was on dangerous ground' with his new spoken-word album Seeking Major Tom

William Shatner has boldly ventured into a new space-themed project: a spoken-word, cover-tune album that the former Star Trek captain felt was a risk when he recorded it.

"It's such a departure and it's such a reinterpretation of some classics that I knew that I was on dangerous ground," Shatner, 80, said during a recent telephone interview to promote Seeking Major Tom.

"For the longest time I didn't know whether it was going to be accepted or not. It seems to be taking (off)."

Out this week as a two-disc CD version as well as a three-disc vinyl edition, Seeking Major Tom features Shatner's trademark speak-sing interpretations of classic rock favourites and other space-themed songs.

The first tune, Major Tom (Coming Home), begins with a blast: the sound of spacecraft lift-off followed by pulsating '80s synth sounds and Shatner's deadpan-to-dramatic delivery of the lyrics.

Other songs include Rocket Man, She Blinded Me With Science, Walking On The Moon, Bohemian Rhapsody and Iron Man.

There's also an original tune, Struggle, by Shatner and producer Adam Hamilton.



► William Shatner

Shatner said Cleopatra Records in Los Angeles approached him about a year ago to do recitations on an album.

It wasn't a stretch: after all, Shatner had already done this type of thing before, first with his much-lam-pooned 1968 album The Transformed Man, and then with

2004's Has Been.

"I ultimately presented them with this and they were a little hesitant at first and then they got behind it," said the Montreal-born star, who's won

two Emmy Awards and a Golden Globe.

To gauge whether the

Guests

► Guest artists include Brad Paisley, Zakk Wylde, Sheryl Crow, Ritchie Blackmore, Lyle Lovett, Steve Miller and Peter Frampton. Also featured are members of the Strokes, the Kinks and Alice in Chains.

project would work, Shatner and Hamilton tackled the toughest tune first.

"I didn't know Adam at that time and I said to him, 'Look, you don't know whether I'm capable of doing this and I don't know whether you're capable of doing this record. Let's start with Bohemian Rhapsody and if we can do Bohemian Rhapsody, we can certainly do the rest of the album,'" said Shatner.

"So we struggled through Bohemian Rhapsody for

quite a while and got what we wanted and we realized that we could work together and do something that was very interesting."

Rocket Man was another tune of particular importance to the prolific performer, who's written nearly 30 books, the most recent of which is Shatner Rules.

"I had done Rocket Man before and perhaps unsuccessfully, I don't know," said Shatner, who did a trippy, spoken-word version of the Elton John hit while smoking a hand-rolled cigarette at a 1978 sci-fi awards show.

"I was somewhat unaware that it would have any import. This time I re-did Rocket Man deliberately so that I could give it the interpretation that I really thought about."

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Ashton's fling comes forward

► Woman says she spent the night with Kutcher in a hot tub ► Claims they indulged in political pillow talk

Sara Leal, the San Diego woman who claims she was with Ashton Kutcher on the night of his sixth wedding anniversary, is breaking her silence.

"He just came up and kissed me," Leal tells Us Weekly of her introduction to Kutcher, who she claims had told her he was separated from Demi Moore.

Leal details a late night cavorting naked in a hot tub with Kutcher and one

other woman before the pair retired to Kutcher's bedroom in the early morning. "He lost his towel and I took my robe off," Leal says. "Then we had sex." And apparently Kutcher's pillow talk got political, as Leal says he quizzed her on "up-and-coming candidates," she remembers.

"I said Rick Perry. He asked if I'd vote for him. I said I didn't know and he laughed." ● METRO

PHOTOS: GETTY IMAGES



► Ashton Kutcher

Beyoncé's 'folding' tummy causes uproar

An appearance on an Australian talk show has fuelled speculation that Beyoncé has been wearing a fake baby bump and is even paying a surrogate to carry her child for her, but her rep tells ABC News the rumours are "stupid, ridiculous and false."

During an interview for Australia's Sunday Night HD, Beyoncé's stomach appeared to "fold" when she sat down in her chair, according to eagle-eyed skeptics. ● METRO



► Beyoncé

Derek Jeter, Minka Kelly on again?

Although they announced their breakup in August, Derek Jeter and Charlie's Angels star Minka Kelly were spotted "laughing and having a fun breakfast together" in Miami recently, according to Page Six.

"They met up to try and figure it out. They are trying to see what the future holds for them," a source says. "They may eventually get back together. This was not some sort of final conversation." ● METRO

Celebrity tweets



@aplusk

"@mrskutcher good luck tonight! you should be proud."



@billmaher

"Is there anything stupider in the whole world than newspaper cartoons of recently dead famous people meeting god in heaven?"

@ladygaga



"Just landed in London! Judas playing on Radio 1 the minute I turn it on! Thank u!! Missed the UK."

@SarahKSilverman



"I feel like there's not enough music in the streets lately."

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The colour of the season

OD'ING ON YELLOW

Maybe there was a yellow special at the fabric fairs last year. How else to explain the canary overload this spring? **METRO**



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Stylish eyewear is a fall accessory must-have.

Your front row look at Fashion Month

► Four cities, three weather systems, 308+ runway shows and countless cups of Diet Coke later, the spring/summer 2012 shows are finally over ► We look back at the standout trends and most overdone looks from New York, London, Milan and Paris



KENYA HUNT

LIFE@METRONEWS.CA

METRO WORLD NEWS IN LONDON

Sweet and pretty

Just when you were beginning to get used to the idea of fall's kinky fetish wear, the fashion pendulum swung the completely opposite way for spring. Chanel, Louis Vuitton, Valentino and Givenchy are just a few houses that turned out the kinds of feminine, universally appealing dresses that both your mother and homegirl would approve of. Think: shimmery, ethereal dresses that resembled oyster shells and lace frocks the colour of lemon drops.

Tough and sporty

The spring summer collections will hit stores in February, just as preview coverage of the 2012 Olympics is getting underway. That's five whole months before you get sick of all talk about The Games. So it's no wonder that designers such as Alexander Wang, Stella McCartney, Nicole Farhi and Team Max-Mara showed athletic-inspired collections complete with perforated leather, high-performance knits and enough mesh to outfit



► Gucci

an entire BMX team.

The mid-century revisited

Lately, the fashion weeks have been unfolding like a game of guess the decade. Last season was all about the '60s. The season before that, the '70s. And this time around, Prada, Jil Sander, Rochas and Dries van Noten were just a few that conjured up prim, '50s glamour. But it's a slightly different take on the

decade from the whole Mad Men look that was so popular two years ago. It's a little bit Happy Days, a little bit Hitchcock. Prada's stiff, greaser jackets, Sander's crisp poplin dresses and Rochas's full skirts made a strong case for a polished, coolly calculated approach to dressing that simply doesn't exist in this day where most women try very hard to look like they didn't put any effort into their appearance at all.

Flaptastic

The '50s wasn't the only decade to make a comeback for spring. Ralph Lauren, Marc Jacobs, Etro and Gucci all served up fantastical flapper collections with one key element that is sure to trickle its way down to the H&Ms and Zaras of the world: the dropped-waist dress.

Back to Africa

The use of African prints for spring/summer collections is hardly new. But this season, the trend seemed to reach a tipping point with Burberry Prorsum, Donna Karan, Michael Kors and Alberta Ferretti, among a long list of others, all showing prints that were inspired by the continent in some shape or form.



► Louis Vuitton



► Prada



► Burberry Prorsum



► Alexander Wang



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Off-runway favourites

► Unusually warm weather meant that Fashion Month showgoers got to pull their summer colours back out ► METRO



► Anne-Catherine Frey, Paris



► Eliza Doolittle, London



► Viviana Volpicella, Milan



► Giovanna Battaglia, Milan



► Shiona Turini, New York



► Leandra Medine, New York

Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.



@Jeanne_Beker:
Love the edgy cuts, masterful
draping, and sleek ease of
@gretconstantine. These guys
REALLY know how to do it!!!
Hooray for BRAVE fashion!



► Easy jersey
pieces draped to
perfection.

► @Jeanne_Beker: Warm colour
pops the opening of
@gretconstantine

► @Jeanne_Beker: Sleek gowns
dictate a modern vibe @gret-
constantine

► @Jeanne_Beker: Edgy black
comes on strong
@gretconstantine



► And now time for
the boys, Ezra
Constantine.

- @Jeanne Beker: SO much eclecticism on Spring runways. Fashion direction is all over the map. Who else thinks "TRENDS" may soon be things of the past?
- @trend_stigator: Interesting obs! I think the trend will continue to be a movement towards creating individual style, and not being a follower.
- @Jeanne Beker: Certainly hope so! People just have to be BRAVE!

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Away with the fairies

► Building and tending a tiny fairy garden can inspire children and adults alike

Fairy gardens — hidden beneath stout trees at botanical gardens, or proudly displayed on tabletops at garden centres and in homes — are captivating the imaginations of children and adults, providing an escape into a tiny world.

Young kids get caught up in the magic, industriously building homes for the fairies they believe are real.

Older children enjoy working on the tiny scale: five-centimetre plants and diminutive garden furniture. Adults enjoy the creativity, too.

"You see how real it is for the children," says Donni Webber of Long Beach, Calif., who blogs about fairy gardens. "For the parent, it becomes real, too. It takes us all back into that magical time when it was all for real."

A fairy garden can be made in most anything — an oak barrel, terra-cotta pot, even old luggage and basins. They also can be planted straight in the garden, on a patch of soil or a tree stump, or hidden beneath a bush.

Meg Holloway, of Overland Park, Kan., builds fairy gardens with her eight-



► A fairy garden yurt made from bark and feathers at the Coastal Maine Botanical Gardens in Boothbay, Maine.

WILLIAM CULLINA/COASTAL MAINE BOTANICAL GARDENS/THE ASSOCIATED PRESS

year-old daughter, Miranda.

Besides creating and maintaining the gardens, the two enjoy hunting for tiny accessories at garage sales and thrift stores.

"It is very special Mommy time," Holloway says. "I really love that."

She and Miranda often hide their fairy gardens outside for others to find.

"Little kids always notice," says Holloway. "Adults always walk on by."

The hide-and-seek appeal of fairy gardens has led some public gardens to encourage visitors to build fairy houses in out-of-the-

way spots. The Coastal Maine Botanical Gardens in Boothbay, Maine, for instance, provides two building sites — along the shore and in the woods.

"What you notice a lot is the dads really get into it," says acting executive director William Cullina. "They like the construction, building things."

So many fairy structures are built that garden employees periodically go through and knock some down, Cullina said, returning the materials — such as sticks, pine cones and rocks — to the "Gnome Depot."

"It's very much like dollhouses for adults. It's a way to create a mini world, have a visual escape from the day-to-day norm."

KRYSTAL KEISTLER-HAWLEY, AREA MANAGER FOR ECHTER'S GREENHOUSE & GARDENS

"It gets kind of like suburbia after awhile," says Cullina. "It sprawls — we get 'fairy sprawl.'"

Heather Fogg of Peoria, Ill., builds fairy gardens out of found objects, such as chipped metal basins and old dresser drawers, and uploads pictures of some of her finished gardens on Flickr.

She scatters her mini-gardens among her outdoor gardens, "hidden like I imagine fairies would accidentally be found."

For children, making the furniture and accoutrements out of found objects is half the fun. But some adults prefer to buy their accessories, which they can do online and at garden centres and specialty shops.

THE ASSOCIATED PRESS



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2. Use 1/4 the amount of soap, because soap is very difficult to remove from this kind of garment.

You can always wash a second time and add more soap if needed.

3. When you put the duvet in the dryer you will need some tennis balls in a sock — these will bounce around to help break up the feather clumps within the duvet

4. Do not use the auto dry feature on the dryer, instead use the timer and leave the duvet in for a long time, as the feathers take time to dry.

You may think the duvet is dry to the touch but remember the feathers!

I have left my duvet in the dryer for easily an hour and sometimes even an hour and a half.

There is nothing nicer than clean laundered items, and a duvet is something, with the right equipment and soap, you can easily do yourself.

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Shedding a little light

Lighting basics for the key rooms in your home

DESIGN CENTRE



KARL LOHNES
HOME@
METRONEWS.CA

As daylight gets shorter and shorter, I notice that the first thing I do when I come home is go around turning on all the lights.

Good lighting not only helps brighten up a space, but also highlights the special features of each room.

Every room needs three types of lighting: overall, task and ambient. Here's a room-by-room checklist of the lighting needed to keep things looking bright for

the darker months ahead.

Living room: The right types of light can make a room either relax or come to life with energy. I like to fill dark corners in this room with recess lighting that is discretely hidden in the ceiling. You can also use up-right-style floor lamp or small lights that shoot light upwards.

The task lighting in a living room is primarily for reading. A small-scale elbowed metal floor lamp is perfect for directing light where you need it.

Keep these sorts of floor lamps on each side of a sofa and beside your favourite reading chair.

Ambient lighting adds sparkle to a room and helps to balance other strong



► Museum track light

light sources in a room. Go for 15-watt candlestick-style lamps or use picture lights hung over your art work.

Kitchen: This room needs to have great light to work with. Overhead lighting is key and can come in the form of recessed (pot) lighting, or a flushmount light fixture. Under cupboard lighting is probably the most needed, yet most forgotten type of lighting for a



► Chandeliers are a lovely ambient and overall light source for dining rooms.

kitchen. It keeps your counter and stovetop areas illuminated for chopping, washing dishes and other kitchen counter tasks. Simple to install, an electrician taps into an electrical

source and wires small puck-shaped light fixtures under the upper cabinets.

Dining room: This room should evoke pure ambience. Bright overhead light-

Let your pad shine

Adding plug-in timers on a variety of lamps around your home will not only keep minimal illumination, but will add a sense of security to your place.

► **Wattage amounts:**
overhead 60-100 watts, task lighting 40-60 watts, ambient less than 25 watts.

ing is good to have on hand, but a dimmer switch will definitely be your best friend when planning lighting in this room.

The chandelier will be your main source of light. Make sure that the wattages of chandelier bulbs add up to at least 60 to 80 watts to help create a strong illumination. The bottom of a chandelier should hang 32 to 40 inches above the table.

Other ambient lighting could be wall sconces or picture lights that help wash a subtle light over the side walls in the room. Finally, the ultimate ambient light will be candles.

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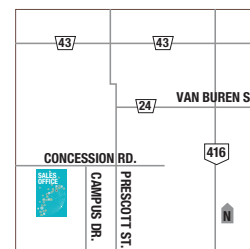
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► Taking the next step to improve your home or condominium



**JON
TATTRIE**
FOR METRO

Metro's homebuyers Joe Stanton and Liam and Madeleine Rushton have both purchased a new home. Now they are talking about renovations and trying to determine how to go about getting them done.

When Stanton, a 42-year-old banking executive, closed the deal on a downtown condo, he knew the first thing he would do when he took possession was upgrade the bathroom.

The Rushtons, who just found out they are expecting twins, are keen to have a family room in their new home in the suburbs.

Moe Abbas, owner of Ottawa General Contrac-

Checklist

- **Check with your municipal planning authority** to see if you need an engineer's stamp, a land survey or a grading plan for your project.
- **Consult zoning rules and bylaws** to see if your project is permitted.
- **Check your contractor, too**, recommends home renova-

tors, says the first step in any renovation is the design process itself. You need to spell out exactly what you want to do in order to get a good quote for any project.

"The best is to go with a design and build company," he says. "Then I would call a few contractors to get a rough idea of how

tors Mr. Build in Vancouver. Contact past clients (the contractor should provide references) and visit a work-in-progress — don't trust finished gems with no owners present.

- **Go online** to see if the company is listed on the provincial registration of businesses and check them out with the Better Business Bureau of Canada.

much it would cost."

The Rushtons' project will cost about \$100,000, while Stanton's bathroom will run \$10,000.

The Rushtons hire an architect for detailed plans of their sunroom.

Stanton plans out his bathroom himself, using his own ideas and gathering information from

bathroom retailers and renovation sources including books, magazines and websites.

For the Rushtons, "It's a very detailed process. It'll be about five to six months to see a shovel hit the ground," Abbas says.

Abbas recommends padding the quoted price by five to 10 per cent. Part is for the normal overrun of a project, but also because the Rushtons and Stanton will likely change plans.

"People always want to add things while they're renovating — you might as well do the siding, you might as well change the windows — you see what I mean," he says. "It's very rare that an addition comes in at the price it was quoted at."

Hammering out a restoration budget

When 42-year-old Joe Stanton first stepped into the downtown condo he ended up buying, he fell in love with it ... all of it but the bathroom.

Embarking on a reno is always exciting, but Stanton also knew to put the financial part of his plan in place, too.

Here's what you need to know when planning the costs of a home renovation.

GETTING STARTED

Not sure how much it will cost to demolish and rebuild a spa-like bathroom? The project can vary depending on the home.

"Homes these days differ in size — you have little condos and then very large homes and then within that, renovations can really vary," says Adrienne Kavanagh, a registered interior designer with AK Interiors in Vancouver.

Along with asking friends and family who have done similar renovations what their final bill was, talking to contractors can nail down a budget of what you need to spend to make your dream room come true.

Once a budget is established, make sure you add in money for contingency planning.

Who knows — you may decide to add a heated floor to your bathroom reno or perhaps the demolition will unveil some wiring or hidden asbestos to contend with.

Contractors

Not sure if you are hiring a pro or a con artist? Here's what to watch for when interviewing potential contractors.

- They don't show up for your appointment or they are late.
- They can't provide references or documents of insurance papers, etc.
- They are not comfortable signing a contract.
- They ask for too much money upfront.
- In the end, opt for someone whose personality doesn't conflict with yours. "If you can't be comfortable living with this contractor in your home for the duration, then you shouldn't hire them," says Adrienne Kavanagh, a registered interior designer with AK Interiors in Vancouver.

● **ASTRID VAN DEN BROEK**

PAYMENT PROCESS

Aside from receiving an unexpected windfall, speak to your bank about different financing options, including a loan or line of credit.

The entire chunk of reno money shouldn't be handed over in one shot. If anything, Kavanagh estimates that generally a 25 per cent down payment is acceptable.

Finally, be sure that all of this information is laid out in a contract that both you and your contractor have signed.

● **ASTRID VAN DEN BROEK**

Functionality comes first for first-time buyers



**JO
CALVERT**
FOR METRO

Home reno trends may come and go, but changes to the kitchen and bathroom still provide the greatest payback potential (75 to 100 per cent), according to the Canada Mortgage and Housing Corporation.

"You always get your money back on kitchens," agrees Murray Cutler, mar-

keting manager of Installed Sales at Home Hardware. "And bathrooms are absolutely huge."

For first-time buyers, "functionality comes first," says Cutler — to stretch their storage, reno budget and resale value. Choosing white or neutral appliances, fixtures and hard-surface finishes allows eventual changes of decor, easily and inexpensively.

Resources

- **Check out** The Canada Mortgage and Housing site (cmhc-schl.gc.ca/en/co/renoho/index.cfm) to find tons of great reno tips.
- **Visit homehardware.ca** and click on Design Centre

What's cooking in the kitchen?

In kitchens, Cutler says, "everybody wants an is-

to assemble a scrapbook of your own room photos, and use an interactive 3-D virtual room planner.

- **Find CIL's colour trends forecast**, and painting tips and tricks, at cil.ca/ideas/color-trends.html.

land." Great for food prep, an island also provides a place for guests or kids to perch on bistro chairs and

carry on a conversation or do homework while dinner is cooking.

A big punch for a small payout is often added by upgrading cabinet hardware and installing budget-friendly high-definition faux granite and marble countertops.

Bathroom ideas

Most young buyers don't splash out on lavish, spa-style bathrooms, but are

replacing old fixtures with new, efficient models — usually white.

"Many are taking out the tub altogether and substituting a walk-in shower, instead," Cutler says.

Tower storage units are added and a pedestal sink is replaced with a vanity packed with shelving under the sink. Upscale mirrors, faucets and cabinet hardware add a luxe look quickly and inexpensively.

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"I can't believe how much we accomplished. We've lived in our home for years and didn't do anything, and that could have gone on forever. This motivated us to do stuff we were procrastinating about." – Chris Renwick, Episode 3

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Pear dessert with the season

► Add the fruit for a touch of fall ► Butter Pear Cake & Creamy Pear Pie shake up classics

MATTHEW MEAD / THE ASSOCIATED PRESS



► This recipe makes 16 servings.

This Butter Pear Cake takes its influence from German Butter Cake.

Pears are added to go with the fall season but can be omitted for the straight-up gooey version. You can also leave off the

almonds, if you prefer.

Preparation:

1 Coat a 23-by-22-cm (9-by-13-inch) baking dish with cooking spray. Then in a small bowl, toss pears with ground

cardamom, and set aside.

2 In bowl of electric mixer fitted with the paddle attachment, combine milk, yeast, sugar, salt, egg and flour. Mix on medium until smooth dough has formed. Add 30 ml (2 tbsp) of butter and mix until fully incorporated. Repeat with remaining butter. This should take 8 minutes.

3 Scrape dough into prepared baking dish and, using greased hands, spread over bottom of pan. Cover with plastic wrap and let rise in a warm place until doubled, 45 minutes.

4 Heat oven to 180 C (350 F). Sprinkle pears over top of dough.

5 Topping: In bowl of electric mixer, cream together but-

tered dough.

6 Bake for 40 min-

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cream cheese, sugar and salt. One at a time, add eggs, beating until well mixed. Stir in vanilla and corn syrup, then mix in flour. Dollop this mixture over pear-cov-

the centre is slightly set but still jiggly. Let cool. Sprinkle with powdered sugar and toasted almonds to serve.

THE ASSOCIATED PRESS

Ingredients:

Cake

- 2 medium fresh pears, peeled, cored and diced
- 2 ml (1/2 tsp) cardamom
- 125 ml (1/2 cup) milk, room temperature
- 7 ml (1 1/2 tsp) instant yeast
- 45 ml (3 tbsp) sugar
- 5 ml (1 tsp) salt

- 1 egg
- 500 ml (2 cups) all-purpose flour
- 90 ml (6 tbsp or 3/4 stick) unsalted butter, room temp

Topping

- 125 ml (1/2 cup or 1 stick) unsalted butter, room temperature
- 125 g (4 oz) cream cheese, room temp

- 250 ml (1 cup) granulated sugar
- 2 ml (1/2 tsp) salt
- 2 eggs
- 10 ml (2 tsp) vanilla
- 50 ml (1/4 cup) corn syrup
- 175 ml (3/4 cup) all-purpose flour

Garnish

- Powdered sugar
- Toasted sliced almonds

Creamy Pear Pie

Preparation:

1 Preheat oven to 200 C (400 F). In a large bowl, toss pears with sugar, flour and lemon zest and juice. Reserve 250 ml (1 cup) of pear mixture and set aside.

2 In a small bowl, combine sour cream with vanilla and almond extracts. Add to pear mixture and mix to coat. Pour into pie shell and top with reserved pears in a fan pattern.

3 Topping: In bowl, combine flour, butter and brown sugar until crumbly. Sprinkle over pears.

4 Place pie in preheated oven and bake for 10

minutes. Reduce heat to 180 C (350 F) and bake for another 45 minutes or until pears are tender.

THE ASSOCIATED PRESS/
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Ingredients:

- 1 l (4 cups) sliced, peeled Bosc or Bartlett pears
- 75 ml (1/3 cup) sugar
- 30 ml (2 tbsp) all-purpose flour
- Zest of 1 lemon
- Juice of 1/2 lemon
- 250 ml (1 cup) sour cream
- 2 ml (1/2 tsp) each vanilla

- and almond extract
- 1 unbaked pastry shell (23 cm/9 inch)

Topping

- 50 ml (1/4 cup) all-purpose flour
- 30 ml (2 tbsp) butter, melted
- 30 ml (2 tbsp) brown sugar

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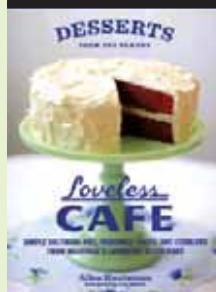
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Weekly Cookbook



Renowned for its Southern charm and superb comfort food, the Loveless Café in Nashville, Tenn., serves some of the best desserts below the Mason-Dixon line. It is also the city's landmark restaurant.

In Desserts from the Famous Loveless Café (Thomas Allen & Son, 2011), pastry chef Alisa Huntsman takes the most beloved Southern ingredients and flavours and combines them to create desserts with a modern appeal.

Muddy Fudge Pie, Bourbon Peach Shortcake, Red Velvet Cake, Pear Coffee Cake, and Loveless Banana Pudding are just a handful of the more than 100 recipes included in this book.

SPECIAL INFORMATION FEATURE

Matured like no other

► Oak aging style brings out depth and complexity of Innis & Gunn Original



JEFF O'REILLY
FOR METRO

Here is a perfect example of the saying "luck is the intersection of preparation and opportunity."

William Grant and Sons, independent distillers since 1887, already had an outstanding collection of award-winning brands in its portfolio (Glenfiddich, Balvenie, Tullamore Dew, Gibson's, Hendrick's, Sailor Jerry, etc.) and it was determined to continue breaking boundaries.

In 2002, William Grant and Sons commissioned well-known brewer Douglas Sharp to create a special malty Scottish beer to rest in oak bourbon barrels for 30 days with an end goal of producing a whisky with ale character-

istics and beer smoothness — a similar process used in port and sherry finished whiskies.

The brew would later be discarded to make room for the whisky to hopefully take on all the wonderful and warm qualities of the beer.

The Ale Cask Whisky was a huge success, as expected, however, several batches and months later a proper analysis was done on this beer before it was about to be poured down the drain, only to discover that the brew itself had taken on some magical traits of its own.

Industry experts awarded the beer an unprecedented nine out of nine — a wonderful surprise since the whole endeavour was about the whisky and never about the beer.

"Craft-brewed in small batches, the brewing process itself takes a full seven days to complete."

In 2003, Innis & Gunn was ready for market, boasting its new oak aging style and a massive maturation process.

Craft-brewed in small batches, the brewing process itself takes a full seven days to complete. The beer is then poured into the oak barrels to mature for 30 days before resting another 47 days in marrying tuns — a full 77 days to mature to perfection before bottling. This

happy accident created a legend that is one of Canada's bestselling imported British bottled beers.

Innis & Gunn Original (6.6 per cent alcohol by volume, LCBO) pours a brassy gold with a compact white head. The nose is full of whisky aromas, earthy woods and subtle sweetness. The deep and heavy oak presence is unavoidable, as are pronounced flavours of smoke, bourbon and vanilla with rich caramel and peach notes. There is a slight alcohol burn on the tongue, but the finish is warm and smooth.

The oak really brings out a depth, and the complexity of this beer is amazing — since every sip has a life of its own. Absolutely brilliant!



► Carole serves up an Innis & Gunn Original at D'Arcy McGee's on Sparks Street.

Join the mob at Harvest Noir Saturday

It's been seen in Paris. It's happened in Rome. Now it's coming to Ottawa, but will you be there to experience the most unconventional foodie event in the capital?

Harvest Noir, a foodie flash mob, will take place Saturday, when approximately 1,500 people will descend upon the capital to "one of the most architecturally important and stunning spaces in Canada," complete with dancing room and bar, though

Hip event

► Participate in a once-in-a-lifetime foodie flash mob and get glammed up with friends to dance the night away, proving Ottawa is indeed a hip place to be. For more information, see harvestnoir.com/

you must use your detective (social media) skills because the location is a mystery.

And no, this doesn't in-

volve anyone acting like chickens, though rotisserie-roasted local chicken would be encouraged.

Complete with circus performers and live DJs, Harvest Noir is a chic "dress your best in black" picnic feast celebrating the autumn harvest with food from local farms.

The picnic portion will be held outdoors while the reception will be held indoors. There will be tables of eight, each made up with a chef du table, but

there is still room for couples and individuals to sign on. As a participatory event, creativity, self-expression, and good manners are mandatory.

Members of the media and the food, art and fashion communities will be attending.

So when you see a stylish army of formally dressed foodies descend on your local bowling alley, or mall parking lot, do not be alarmed. It's simply Harvest Noir. **—SAMANTHA EVERTS**



► Diners recently took part in a food flash mob event in Toronto.

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- ▶ Consider Italian whites. The Italian Moscato produces a highly fragrant, off-dry wine that pairs well with shellfish. At less than

- \$10 a bottle at the LCBO, the Puglia Moscato from Botter is a good choice.
- ▶ A rich English steak and kidney pie would pair beautifully with a medium red such as a Barbera or a Chianti Classico. The Ruffino Riserva Ducale is available from the LCBO's general list at \$24.95.
- ▶ And for dolce (dessert), why not try a sweeter red

bubbly with your chocolate mousse? The Chiarli Lambrusco Grasparossa di Castelvetro is a deep, red sparkling wine. Pair it with a caramelized dessert and you have a nice alternative to port or icewine at a much lower cost (less than \$10 at the LCBO).

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Piemonte, Toscana produce classic reds

▶ Latest Vintages release also highlights Argentina



SUSAN DESJARDINS
FOR METRO

**IF I HAD
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Classic red wines of Piemonte and Toscana, Italy's most recognized regions, are featured in the Oct. 15 LCBO Vintages' release, providing a selection of Nebbiolo and Sangiovese-based wines for your cellar and tasting pleasure.

The Argentina feature highlights premium wines, including powerful Malbecs and intriguing Malbec/Cabernet blends.

Lailey Riesling 2010, Niagara
(LCBO #72736, \$17.95)
Fine aromas of stone fruit and citrus, luscious

flavours and lively acidity. Juicy!

Guenoc Cabernet Sauvignon, California
(LCBO #104240, \$17.95)
Powerful, intense and loaded with dark fruit, spice box and toast. A great value.

Montes 'Limited Selection' Cabernet Sauvignon/Carmenère 2010, Chile
(LCBO #16071, \$14.95)
Dry, full-bodied, round and

rich, showcasing chocolate, black fruits and vanilla.

Volpaia Chianti Classico 2008, Italy
(LCBO #953828, \$21.95)
Subtle, delicate, harmonious, graced with floral notes and spiced red berries.

Domaine Grand Veneur 'Les Champavins' Côtes du Rhône-Villages 2009, France
(LCBO #76331, \$18.95)
Grenache/Syrah/Mouvédre, concentrated, powerful, rich and balanced. Knock-your-socks off value.

GRAND TOTAL: \$91.75

FOR MORE, SEE SAVVYCOMPANY.CA.



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Mangia's winning feature

► Italian-fusion restaurant encourages patrons to relax and try new wines



SAMANTHA
EVERTS
FOR METRO

Mangia! mangia! is a refrain Italian mamas have been singing forever while serving you until you burst out of love of sharing food and sense of familia.

Unfortunately, that sentiment isn't here. Mangia is an Italian-fusion restaurant that has been around since 1993, but walking into an empty restaurant is never a good sign.

Since the last visit, the restaurant has gone to a more wine bar feel. A winning feature is the restaurant's prix fixe per glass extensive wine list (at about \$8 per glass) that encourages patrons to relax and try something new.

Spying the thin-crust pizza, the portions seemed rather small. Our significantly larger bruschetta starter was beautifully pre-



► The vegetable linguini at Mangia.

sented, but needed more kick.

Spotting the "seasonal market-fresh vegetables" in the vegetable fettuccini with Dijon sauce, it was surprising to see baby carrots (uncooked and awkward to scoop). Perhaps fresh eggplants, zucchini and roma tomatoes, all lo-

cally available, could have improved it.

While the saving grace should have been the fresh pasta made daily, there was an unpleasant tang to the sauce. The grilled chicken with roasted pepper tomato sauce and spiced oil linguini was received better, but nothing

you couldn't have found at any other downtown restaurants and for less.

Service was friendly and knowledgeable of the menu. For the price, you are likely to find more authentic food in Little Italy.

Mangia is located at 121 Clarence St. For more, see cafemangia.ca.

Raw facts about raw milk movement

From time to time the subject of raw milk appears in the media with proponents advocating better flavour and enhanced nutrition that is not subject to any processing.

As background, all milk sold in grocery stores or served in restaurants has been pasteurized by heating for a short period of time to destroy pathogens.

In recent years, a handful of dedicated dairy farmers have been supplying consumers who advocate raw milk. Although in many jurisdictions the outright sale of this product is banned, there are some imaginative ways suppliers have remained within the law by providing the product labelled as "pet food" or "not suitable for human consumption." Since there are few laws regarding consumer behaviour, willing purchasers have their product of choice to do with as they wish.

The above scenario works with few apparent problems because the limited population of engaged dairy farmers are well aware of the health risks and practise the utmost in hygiene. Also, the modest numbers of those who choose this product are probably savvier about maintaining sanitary standards than the general public. However, those who advocate raw milk becoming another product in the dairy aisle of the local supermarket may not



fully appreciate that milk can be contaminated at the dairy farm or perhaps during transport.

As such, milk can serve as an ideal medium for the rapid propagation of disease. Consumers who expect food products to remain safe with a minimum of storage and handling precautions could face serious health issues.

Also, if the number of dairy farmers involved with providing raw milk increased substantially, the potential for hygienic lapses would be another concern.

It is for these reasons that health authorities are reluctant to authorize the sale of raw milk to the public.

On a personal note, I was raised on a farm and for most of my early years I drank nothing but raw milk at home (without incident) and as the person who helped with the milking, I still have the memory of such milk having a "cow" flavour that I could not detect on the occasions when I had the opportunity to drink the pasteurized version.

● MAURICE HLADIK IS THE AUTHOR OF THE SOON TO BE PUBLISHED BOOK DEMYSTIFYING FOOD FROM FARM TO FORK.

Two reds for those chilly nights

SEASONAL SIPS



Fall Ottawa International Writers Festival, Oct. 20-25:

While you are curling up with a great new book from a classic Canadian author and festival speaker like Guy Vanderhaeghe, Wayne Johnston, or

Michael Ondaatje, enjoy a glass of a classic Canadian Pinot Noir close at hand.

Le Clos Jordanne La Petite Colline Pinot Noir (\$45, +339441) from Niagara comes from one of Canada's top pinot producers, from a very good year (2009), and has enough complexity to see you through every plot twist. Available at Vintages Saturday.

Light the Night Walk, Oct. 22:

Light the Night benefits the Leukemia and Lymphoma Society, and participants walk at twilight with illuminated balloons.

After the walk, toast those fighting the disease with Two Hands Brave Faces Grenache/Syrah/Mataro (\$33.95, +660035) from Australia's Barossa Valley.

"GSMs" are popu-

lar in Australia and use the same grape blend used in the southern part of the Rhone Valley in France (where Mataro is known as Mourvedre), the home of Chateaufort-du-Pape. Available at Vintages Saturday.

● ALLYSON BYCRAFT IS CURRENTLY ON A VINOUS ADVENTURE AT BABCOCK WINERY IN CALIFORNIA. FOLLOW HER GOINGS-ON AT SCRATCHINGSFROMACELLARRAT.BLOGSPOT.COM.

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4

sports

Quoted



"The numbers are close enough that that wasn't going to doom the season. The hard salary cap is what's going to doom the season right now."

JEFFREY KESSLER, A LAWYER FOR THE NBA PLAYERS, ON WHAT'S PREVENTING THE UNION AND THE LEAGUE FROM REACHING AN AGREEMENT. THE NBA AND ITS LOCKED-OUT PLAYERS ARE GOING TO USE THE SAME FEDERAL MEDIATOR WHO TRIED TO RESOLVE THE NFL'S LABOUR DISPUTE MONTHS BEFORE IT EVENTUALLY ENDED.

Baseball. AL championship series



► Elvis Andrus scores on a single by Texas teammate Michael Young last night.

LEON HALIP/GETTY IMAGES

Rain delays start of Game 4 between Tigers and Rangers

The Detroit Tigers and Texas Rangers waited out another patch of rain in the AL championship series yesterday, finally starting Game 4 after a delay of 2 hours, 13 minutes.

The game was supposed to begin at 4:19 p.m., but the rain didn't let up until around 5:30. Fans then began filling the seats closest to the field and, about 20 minutes later, the grounds crew came out to remove the tarp.

THE ASSOCIATED PRESS

Senators' blue-line still a work in progress

THE HOCKEY NEWS

MURRAY PAM
OTTAWA@METRONEWS.CA



We realize it's still very early, but this much we know: For the rebuilding

Senators to have any chance of making a run for the playoffs, they'll have cut down on defensive miscues.

Veterans Sergei Gonchar, Chris Phillips and Filip Kuba were heavily criticized last season for

lack of foot speed and inability to contain opposition forwards and none did anything to change that opinion through the first few games.

Gonchar was caught flat-footed a couple times, leading directly to goals against. In Detroit on opening night, Phillips tried to avoid a hit and threw the puck up the middle, leading to a turnover and a goal. Kuba was watching the play in the corner rather than covering an open man who had an easy tap in.

The Senators were aware Gonchar had defensive deficiencies when they signed him, but

were willing to overlook them because of the offence he could bring. Unfortunately, his 50-point seasons seem to be a thing of the past.

For his part, Kuba had several injuries last season, so he'll get more slack to prove his worth. The knock on him is he does not utilize his six-foot-four, 230-pound frame to box out forwards from the front of the net.

GM Bryan Murray resigned Phillips to a three-year, \$9.25-million deal prior to the end of last season and the 14-year vet wants to be part of the rebuild. Hopefully,

his leadership will set a good example for the kids.

And what of the youth brigade? Erik Karlsson, 21, has five assists in three games and has generated some excitement. On the downside, he also has defensive shortcomings and appears particularly vulnerable when opponents try to beat him to his right.

Jared Cowen, 20, might be the most defensively sound among the group. A six-foot-five rock, he plays with poise and is strong on the puck. His performance through the first three games gave glimpses why the Sens

spent a first-round pick on him in 2009.

David Rundblad, meanwhile, made his much-anticipated debut in Tuesday's shootout victory over Minnesota and did not look out of place, playing 21 minutes. A 21-year-old Swede, Rundblad is slowly adapting to North American-sized ice. "It is going to take some time," he said. "I think I am getting the feel of it now."

Simply put, the blue-line is a work in progress, with significant room for improvement. The good news for Sens fans is the growth potential definitely exists.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	4	3	0	0	1	14	10	7	1-0-0-0	2-0-0-1	3-0-0-1	W1
d-Washington	2	2	0	0	0	10	8	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
d-Buffalo	2	2	0	0	0	8	3	4	1-0-0-0	1-0-0-0	2-0-0-0	W2
Toronto	2	2	0	0	0	8	5	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
Philadelphia	2	2	0	0	0	5	1	4	0-0-0-0	2-0-0-0	2-0-0-0	W2
Tampa Bay	3	1	1	0	1	11	11	3	0-0-0-0	1-1-0-1	1-1-0-1	L2
Montreal	2	1	1	0	0	5	3	2	0-0-0-0	1-1-0-0	1-1-0-0	W1
Florida	2	1	1	0	0	4	4	2	0-0-0-0	1-1-0-0	1-1-0-0	L1
New Jersey	2	1	1	0	0	4	5	2	1-1-0-0	0-0-0-0	1-1-0-0	W1
NY Islanders	2	1	1	0	0	2	3	2	1-1-0-0	0-0-0-0	1-1-0-0	W1
NY Rangers	2	0	0	1	1	3	4	2	0-0-0-0	0-0-1-1	0-0-1-1	L2
Ottawa	3	1	2	0	0	12	14	2	1-0-0-0	0-2-0-0	1-2-0-0	W1
Boston	3	1	2	0	0	5	4	2	1-2-0-0	0-0-0-0	1-2-0-0	L1
Carolina	3	0	2	1	0	6	13	1	0-1-0-0	0-1-1-0	0-2-1-0	L3
Winnipeg	1	0	1	0	0	1	5	0	0-1-0-0	0-0-0-0	0-1-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	2	2	0	0	0	8	3	4	1-0-0-0	1-0-0-0	2-0-0-0	W2
d-Dallas	3	2	1	0	0	6	7	4	2-0-0-0	0-1-0-0	2-1-0-0	W1
d-Vancouver	2	1	0	0	1	6	3	2	0-0-0-1	1-0-0-1	1-0-0-1	W1
Nashville	2	2	0	0	0	7	4	4	0-0-0-0	2-0-0-0	2-0-0-0	W2
Minnesota	3	1	1	0	1	8	8	3	1-0-0-0	0-1-0-1	1-1-0-1	L2
San Jose	1	1	0	0	0	6	3	2	1-0-0-0	0-0-0-0	1-0-0-0	W1
Edmonton	1	1	0	0	0	2	1	2	1-0-0-0	1-0-0-0	1-0-0-0	W1
St. Louis	2	1	1	0	0	7	6	2	1-1-0-0	0-0-0-0	1-1-0-0	W1
Chicago	2	1	1	0	0	6	4	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Los Angeles	2	1	1	0	0	5	6	2	1-1-0-0	0-0-0-0	1-1-0-0	L1
Anaheim	2	1	1	0	0	3	5	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Colorado	2	1	1	0	0	1	3	2	0-1-0-0	1-0-0-0	1-1-0-0	W1
Phoenix	2	0	1	0	1	4	8	1	0-0-0-0	0-1-0-1	0-1-0-1	L2
Calgary	2	0	2	0	0	5	10	0	0-1-0-0	0-1-0-0	0-2-0-0	L2
Columbus	3	0	3	0	0	6	10	0	0-2-0-0	0-1-0-0	0-3-0-0	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Colorado at Columbus
Vancouver at Philadelphia
Boston at Carolina

Tuesday's results

Ottawa 4 Minnesota 3 (SO)
Pittsburgh 4 Florida 2

Tonight's games

All times Eastern

Los Angeles at New Jersey, 7 p.m.
Tampa Bay at N.Y. Islanders, 7 p.m.
Washington at Pittsburgh, 7 p.m.
Calgary at Montreal, 7:30 p.m.
Colorado at Ottawa, 7:30 p.m.
Vancouver at Detroit, 7:30 p.m.
Phoenix at Nashville, 8 p.m.
J.Staal, Pgh
Chimera, Wash
Cooke, Pgh
Alfredsson, Ott
Amott, STL
Doan, Phx
Neal, Pgh
Prosapal, Clb
St. Louis, TB
E.Staal, Car
Datsyuk, Det
Heatley, Minn
Kovalchuk, NJ
Malone, TB
Marchand, Bos
Nash, Clb
Phaneuf, Tor
Plekane, Mtl
Purcell, TB
D.Sedin, Vcr
J.Carter, Clb
H.Sedin, Vcr
Seguin, Bos

Saturday's games

Colorado at Montreal, 7 p.m.
Calgary at Toronto, 7 p.m.
Ottawa at Washington, 7 p.m.
Winnipeg at Phoenix, 7 p.m.
N.Y. Rangers at N.Y. Islanders, 7 p.m.
Los Angeles at Philadelphia, 7 p.m.
Buffalo at Pittsburgh, 7 p.m.
Tampa Bay at Florida, 7:30 p.m.
New Jersey at Nashville, 8 p.m.
Detroit at Minnesota, 8 p.m.
Columbus at Dallas, 8 p.m.
Boston at Chicago, 8:30 p.m.
Vancouver at Edmonton, 10 p.m.
St. Louis at San Jose, 10 p.m.

SCORING LEADERS

	G	A	PT
Letang, Pgh	1	5	6
Kessel, Tor	3	2	5
Legwand, Nash	2	3	5
Vainek, Buf	2	3	5
Sinmer, Car	1	4	5
Karlsson, Ott	0	5	5
Kopitar, LA	3	1	4
Adam, Buf	2	2	4
Michalek, Ott	2	2	4
C.Smith, Nash	2	2	4
Dupuis, Pgh	1	3	4
Lupul, Tor	1	3	4
Pominville, Buf	1	3	4
J.Staal, Pgh	1	3	4
Chimera, Wash	3	0	3
Cooke, Pgh	3	0	3
Alfredsson, Ott	2	1	3
Amott, STL	2	1	3
Doan, Phx	2	1	3
Neal, Pgh	2	1	3
Prosapal, Clb	2	1	3
St. Louis, TB	2	1	3
E.Staal, Car	2	1	3
Datsyuk, Det	1	2	3
Heatley, Minn	1	2	3
Kovalchuk, NJ	1	2	3
Malone, TB	1	2	3
Marchand, Bos	1	2	3
Nash, Clb	1	2	3
Phaneuf, Tor	1	2	3
Plekane, Mtl	1	2	3
Purcell, TB	1	2	3
D.Sedin, Vcr	1	2	3
J.Carter, Clb	0	3	3
H.Sedin, Vcr	0	3	3
Seguin, Bos	0	3	3

Last night's games not included

MLB PLAYOFFS

LEAGUE CHAMPIONSHIP SERIES

(Best-of-7 series)

All times Eastern

AMERICAN LEAGUE

TEXAS (W) VS. DETROIT (C)

(Texas leads 2-1)

Last night's result

Texas at Detroit

Tuesday's result

Detroit 5 Texas 2

Tonight's game

Texas (Wilson 16-8) at Detroit (Verlander 25-6), 4:19 p.m.

Saturday's game

x-Detroit (Scherzer) at Texas, 8:05 p.m.

Sunday's game

x-Detroit (Fister) at Texas, 8:05 p.m.

NATIONAL LEAGUE

MILWAUKEE (C) VS. ST. LOUIS (WC)

(Series tied 1-1)

Last night's result

Milwaukee at St. Louis

Tonight's game

Milwaukee (Wolf 13-10) at St. Louis (Lohse 14-8), 8:05 p.m.

Tomorrow's game

Milwaukee at St. Louis, 8:05 p.m.

Sunday's game

x-St. Louis at Milwaukee, 4:05 or 8:05 p.m.

Monday's game

x-St. Louis at Milwaukee, 8:05 p.m.

x — if necessary.

TUESDAY

TIGERS 5, RANGERS 2

Texas	ab	r	h	bi	Detroit	ab	r	h	bi
Kinsler 2b	3	1	2	1	AJcks cf	5	1	3	1
Andrus ss	3	0	1	0	RSantg 2b	4	0	1	0
JHmltn cf	4	0	2	1	MCarr 1b	4	1	2	2
MLYong 1b	4	0	0	0	VMrtzn dh	2	1	1	1
ABeltre 3b	4	0	0	0	Kelly 3b-rf	4	0	0	0
Napoli dh	4	0	0	0	JhPerit ss	4	1	2	1
N.Cruz rf	3	0	0	0	Avila c	4	0	0	0
Torreal c	3	1	3	0	Rabum lf	4	0	1	0
EnChvz lf	3	0	0	0	Dirks rf	3	1	1	0
Inge 3b	1	0	0	0					
Totals	31	2	8	2	Totals	35	5	11	5

Texas		100	000	010	2
Detroit	000	112	10x	5	
DP—Detroit 2. LOB—Texas 4, Detroit 8. 2B—					
J.Hamilton (2), Torrealba (1), Mi.Cabrera (2),					
Raburn (1). HR—Mi.Cabrera (1), V.Martinez					
(1), Jh.Peralta (1). SB—Dirks (1). S—Andrus.					
IP H R ER BB SO					

Texas		52-3	8	4	2	6
C.Lewis L,0-1						
Uehara	2-3	2	1	1	0	0
D.Oliver	1	0	0	0	0	1
Tateyama	2-3	1	0	0	0	0
Detroit						
Fister W,1-0		71-3	7	2	2	0
Benoit	2-3	0	0	0	0	1
Valverde S,1-1		1	1	0	0	1
HBP—by Fister (Kinsler).						
Umpires—Home, Jim Wolf; First, Fieldin Cul-						
breth; Second, Jeff Nelson; Third, Tom Hallion;						
Right, Larry Vanover; Left, Tim Welke.						
T—3:08. A—41,905 (41,255).						

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Winnipeg	14	9	5	0	350	326	18
x-Montreal	14	9	5	0	435	342	18
Hamilton	14	7	7	0	395	389	14
Toronto	14	3	11	0	282	400	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-B.C.	14	8	6	0	400	304	16
x-Calgary	14	8	6	0	395	381	16
x-Edmonton	14	8	6	0	329	318	16
Saskatchewan	14	4	10	0	276	402	8

x — clinched playoff berth.

WEEK 16

Tomorrow's game

Calgary at Toronto, 7:30 p.m.

Saturday's game

Winnipeg at Edmonton, 7 p.m.

Sunday's games

Hamilton at Montreal, 1 p.m.

B.C. at Saskatchewan, 4 p.m.

WEEK 17

Friday, Oct. 21

Edmonton at Toronto, 6:30 p.m.

Saskatchewan at Calgary, 9:30 p.m.

Saturday, Oct. 22

Montreal at Winnipeg, 3 p.m.

B.C. at Hamilton, 7 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	32	11	7	14	43	34	47
Kansas City	32	11	9	12	47	40	45
Columbus	32	12	12	8	38	41	44
Houston	32	10	9	13	40	40	43
New York	32	9	7	16	49	42	43
D.C. United	30	9	10	11	46	46	38
Chicago	31	7	8	16	40	40	37
Toronto	32	6	13	13	33	56	31
New England	32	5	15	12	36	53	27

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	32	18	4	10	46	25	64
x-Seattle	32	16	7	9	51	35	57
x-Salt Lake	32	15	11	6	43	35	51
Dallas	31	13	11	7	36	34	46
Colorado	32	11	9	12	42	40	45
Portland	31	11	13	7	38	44	40
Chivas USA	32	8	12	12	40	39	36
San Jose	32	7	11	14	35	41	35
Vancouver	31	5	16	10	32	50	25

x — clinched playoff berth.

Note: Three points for a win, one for a tie.

Last night's results

Dallas at Chicago

D.C. United at Vancouver

Tomorrow's games

All times Eastern

Houston at Portland, 10:30 p.m.

Real Salt Lake at Colorado, 10:30 p.m.

Saturday's games

Toronto at Philadelphia, 4 p.m.

New York at Kansas City, 4 p.m.

Chicago at D.C. United, 7:30 p.m.

Columbus at New England, 7:30 p.m.

Vancouver at Dallas, 8:30 p.m.

San Jose at Seattle, 10:30 p.m.

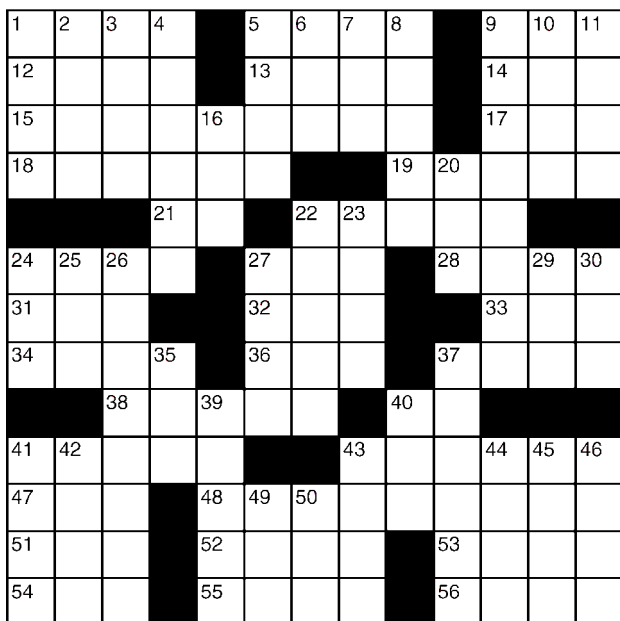
Crossword

Across

1 Navigator's stack
5 Deck in the ring
9 Upper surface
12 Oil cartel
13 Leading man?
14 "Hail, Caesar!"
15 Pianist's ticker
17 Barbie's companion
18 Agreement
19 No stay-at-homes
21 Lindbergh book
22 Plot mathematically
24 Back talk
27 Greet the villain
28 Grant's —
31 Thickness
32 Once around the track
33 Long March leader
34 Yin counterpart
36 Salt Lake athlete
37 Titanic's destroyer
38 Knighted women
40 "Monopoly" square
41 Increase in troop levels
43 Antenna
47 Yoko of music
48 Houston sports venue
51 Poorly lit
52 Squad
53 Rams' fans?
54 Chowd down
55 Stitches
56 Carry on

Down

1 NYC cultural centre
2 "Planet of the —"



3 Household critters
4 Threaded nails
5 Philosopher Immanuel
6 Big bother
7 Sweet potato
8 Last letter
9 After-taxes
10 Finished
11 Nerd-pack contents
16 Indivisible
20 Choose (for)
22 "The Men Who Stare at —"
23 Lasso

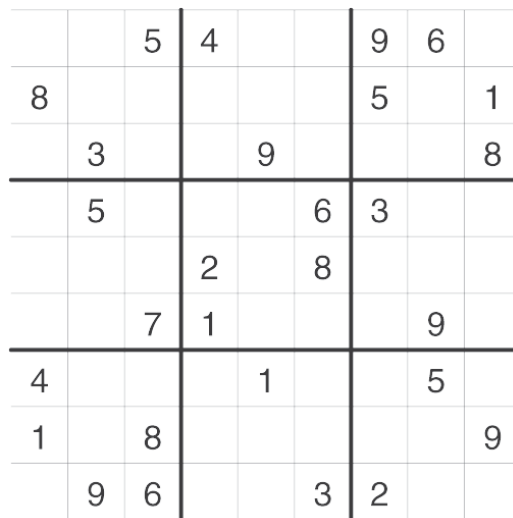
24 Agent
25 In the manner of
26 Stockholm —
27 Sad
29 Scratch
30 Cranberry territory
35 Joke
37 Edge
39 Butcher's wares
40 Earth (Pref.)
41 Pop
42 Troop group
43 Weaponry
44 Midwest state
45 "So be it"
46 For fear that

49 Witness
50 Playing marble

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

2	5	6	9	1	3	7	8	4
1	3	4	2	7	8	5	9	6
7	8	9	5	4	6	3	2	1
9	4	5	7	2	1	6	3	8
3	2	8	6	5	4	1	7	9
6	1	7	3	8	9	4	5	2
5	7	1	8	6	2	9	4	3
8	6	3	4	9	7	2	1	5
4	9	2	1	3	5	8	6	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Lye, Things seem fading away I admit it. But I have JandLye etched in stone, and no matter how much wind blows our way we'll remain together, forever and a day. I know you feel the same way I just want to let you and the whole world know I love you. J

thatgirlfromthetstore, Hey, just wanna send a kiss to you, miss you each day I don't see you. BUDDYBOI

Kutti, You can't be my boy, you r the 50 yrs old guy(haha). My hero never compare me with others (smile), he knows I feel jealous :) who r u? WONDER WOMAN

canny71, "If I could reach up and hold a star for every time you've made me smile, the entire evening sky would be in the palm of my hand." "author unknown"~ KACKE

Today's horoscope

♈ Aries March 21-April 20 The more you put yourself out for friends and colleagues today, the more you will benefit.

♉ Taurus April 21-May 21 Try not to get so close to something you are working on that you lose your sense of perspective.

♊ Gemini May 22-June 21 Get busy working on a creative project that will benefit not only you but other people as well.

♋ Cancer June 22-July 22 Someone you love will demand more independence today, if you are smart you will give it to them.

♌ Leo July 23-Aug. 23 If you use your social skills wisely today, you will make friends with people who can help transform your life.

♍ Virgo Aug. 24-Sept. 22 Any barriers you encounter today are there for a reason, so don't moan that fate is being unkind.

♎ Libra Sept. 23-Oct. 23 Today's Sun-Saturn union will remind you how important it is not to get carried away. Think before you act.

♏ Scorpio Oct. 24-Nov. 22 There are things in your life that have been holding you back from your full potential. Get rid of them.

♐ Sagittarius Nov. 23-Dec. 21 It's good that you are ambitious but you also need to stay on good terms with people who can help.

♑ Capricorn Dec. 22-Jan. 20 The most important thing today is that you guard your independence and your right to be different.

♒ Aquarius Jan. 21-Feb. 18 A Sun-Saturn link will bring a challenge. You'll handle it with ease. It will be a confidence booster.

♓ Pisces Feb. 19-March 20. You have backed yourself into a corner from which it won't be easy to escape. SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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**0% PURCHASE FINANCING
FOR UP TO 84 MONTHS***

OR

**UP TO \$8,000
IN CASH DISCOUNTS!**
ON REMAINING 2011 MODELS.*

2011 MAZDA3 GX
(D4XS51 AA00)

\$16,295
- \$3,295 SPECIAL
+ \$1,495 REBATE
FREIGHT & PDE
\$14,745
+ TAXES



**0%
84 mo.**

Purchase From **\$96***/Bi-weekly **\$0** Down
HST Included.
*96 months with \$0 down payment at 4.99%, Freight, PDE & HST Included.

**0%
72 mo.**



Purchase From **\$86***/Bi-weekly **\$0** Down
HST Included.
*96 months with \$0 down payment at 4.99%, Freight, PDE & HST Included.

2011 MAZDA2 GX
(B5XB51 AA00)

\$16,295
- \$2,500 SPECIAL
+ \$1,495 REBATE
FREIGHT & PDE
\$12,990
+ TAXES

2012 MAZDA3
SPORT

**0%
84 mo.**



Purchase From **\$106***/Bi-weekly **\$0** Down
HST Included.
*96 months with \$0 down payment at 4.99%, Freight, PDE & HST Included.

**0%
84 mo.**

2011 MAZDA6



Purchase From **\$133***/Bi-weekly **\$0** Down
HST Included.
*96 months with \$0 down payment at 4.99%, Freight, PDE & HST Included.

2011 TRIBUTE

**0%
84 mo.**



Purchase From **\$129***/Bi-weekly **\$0** Down
HST Included.
*96 months with \$0 down payment at 4.99%, Freight, PDE & HST Included.

**0%
84 mo.**

2011 CX-7



Purchase From **\$159***/Bi-weekly **\$0** Down
HST Included.
*96 months with \$0 down payment at 4.99%, Freight, PDE & HST Included.

VALUE. EMOTION. ENGINEERING. ZOOM-ZOOM. FOREVER.

READY TO ROLL
UNGRADUATE
UP TO
\$750

*10% Purchase financing for up to 84 Months is available on all 2011 Mazda3, Mazda3 Sport, Mazdaspeed3, Mazda6, Tribute, CX-7, MX-5 and RX-8 models, and up to 72 months on 2011 Mazda2 & CX-9 Models. *Cash buyers receive cash discount of up to \$3000 on 2011 Mazda2, up to \$3500 on Mazda3 and CX-7, up to \$4,000 on Mazdaspeed3 and CX-9, up to \$5,000 on Tribute & MX-5, up to \$6,000 on Mazda6, and up to \$8,000 on RX-8 models. Offers have no cash value and cannot be transferred, assigned or combined. See Elite Mazda or visit ELITEMAZDA.CA for details. Vehicles may not be as shown. Offers end October 31, 2011.

EVERY ELITE MAZDA IS DELIVERED WITH FLOOR-MATS AND A FULL TANK OF GAS.

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NEW MITSUBISHI SALES IN 2009 & 2010

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MASSIVE RVR BLOWOUT SALE!



FROM
\$19,998
SELLING PRICE **\$21,698**
SELLING PRICE INCLUDES
FREIGHT & POSTAGE EXTRA



FREE WINTER PACKAGE!
WITH EVERY RVR IN STOCK.

PACKAGE INCLUDES 4 WINTER TIRES ON RIMS & REMOTE STARTER.

\$139 BI-WEEKLY
HST INCLUDED **\$0** DOWN
96 months term at 4.94%, Freight, PDE & HST included, OAC.

**0% PURCHASE FINANCING
UP TO 60 MONTHS***

10 YEAR
160,000 km
POWERTRAIN LTD WARRANTY

EDUCATION
EDGE
2009 REBATE

Smart customers always read the fine print. For all purchase financing offers, customers must sign contract and take delivery by October 31, 2011. *Subject to credit approval. 96 months term at 4.94%. Freight, PDE & Taxes included. Options, Registration and Insurance extra. *Purchase financing at 0% is available for up to 84 months on 2011 Endeavor, and up to 60 months on 2012 Eclipse, Eclipse Spyder, 2011 Lance (DE & SE), Lancer Sportback, RVR and Outlander Models. **Best backed claim does not cover Lancer Evolution and Ralliart models. See Rallye or Mitsubishi-motors.ca for Education Edge terms, conditions, and other details. Photos for illustration purposes only. See Rallye for Graduate, Military & Loyalty offers.

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